

Overweight Children 2-5 years (AK 12-USDA 113)

Explain to Participant

Your child was enrolled in the WIC program today because his/her weight is higher than the recommended guidelines. It is a sign that tells us to watch how your child is growing. Overweight happens when people eat too many calories, their activity is low or limited and the body has problems regulating the way it uses energy. When children are overweight, it may be a sign of feeding or family problems. These problems can cause health risks to children as they grow up.

Goal

The goal is to help your child grow, develop and gain weight at a steady recommended rate.

Suggestions for Reducing Risk

Follow the recommendations of your health care provider.
Explain the nutrition education material suggested.
Offer a variety of foods from all the food groups every day.
Avoid the temptation to force-feed your child.
Avoid offering too much candy, cookies, juice, soda and concentrated sweets.
Ask your health care provider about increasing physical activity.

Nutrition Education
Material Suggested

Helping Your Overweight Child

Explain Applicable WIC Foods

WIC Foods	Nutrients Provided
Milk	Calcium, Vitamin A, Protein
Cheese	Calcium, Vitamin A, Protein
Eggs	Protein
Beans or Peanut Butter	Protein, Iron
WIC Juice	Vitamin C
Cereal	Iron
Iron Fortified Infant Formula	Protein, Calcium Vitamins A & C, Iron
Iron Fortified Infant Cereal	Iron

Explain What the WIC Nutrients Can Do for You!

Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
Iron	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
Vitamin A	Helps keep your skin healthy and smooth. Helps you see at night.

Materials with More Information

Bright Futures
Hot Food Facts For Cool Kids